

Supplement with Food, Not Chemicals!

GET OUT THE BAD STUFF

And

PUT THE GOOD INSIDE!

Touchstone Essentials PURE BODY DETOXIFICATION Products remove what should have never been in your body in the first place. Toxins from what we drink, eat, and breathe are wrecking havoc on our bodies, especially at the cellular level. WE have the technology now to DO something profound to change that, with Pure Body products. It is simple, easy, relatively inexpensive, and EFFECTIVE.

Then after getting out the bad, we put in the good!

Touchstone Essentials Nutritional Products are: WHOLE, RAW, ORGANIC, NEVER HEATED, ENZYME INTACT, CONCENTRATED, DEHYDRATED FOOD.

If you have heard a health care practitioner say "don't take supplements, they are worthless", remember...in some ways they are right! Traditional chemical supplements may have minimum value. And, if they contain heavy metals or other contaminants, if they have minimal potency, or too high a potency, or if the source is a totally lab derived chemical...it could be worthless, or even toxic to the body.

So the question to your health care practitioner isn't "can I take a nutritional supplement?" It should be: **what is the supplement made from?** And, **how was it processed, from what source?**

The question isn't: can I take a B-complex vitamin? It should be: can I eat spinach, from a highly nutritional, organic, concentrated, whole food source? Because we know that raw spinach is a high source of B-complex vitamins (and contains the full B-complex spectrum, not chemical isolates).

The question isn't: can I take a Vitamin C supplement? It should be: is this Vitamin C from Ascorbic Acid, incompletely providing only 1 of the 8 components of a Vitamin C molecule? Or: is it from a whole food source containing all 8 essential components? Is this a chemically sourced Vitamin C, or does this come from a highly potent natural source like Acerola Cherries? A source the body can recognize and properly use.

We take supplements because either the food we are eating has minimal nutritional value, or we are too busy to prepare and eat all the food we need to be properly nourished. So why would we try to replenish the body's nutritional deficits with a chemical made in a lab, instead of with nutrient rich concentrated FOOD, in a form that meets the reality of our busy lives!

WE now have the ability to do that, with Touchstone Essentials Whole food nutritionals.

To learn more: <http://toxinclearessentials.mytouchstoneessentials.com/store/?GTTabs=0>

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